

# TRANSITION PLANNING PROGRAM

## Parent Orientation (3 hours)

### Service Intro

Supporting your family through a life transition can be a complicated process involving many different specialists from both the government and community. With so many professionals changing roles in the community, and each family needing a unique solution, it's easy to see why families can lose focus and become uncertain of what lies ahead. Many don't know what options are available, nor how to make the best choices to lead them to a better future.

But transitioning doesn't have to be a scary venture. It is possible to take charge of your family's future!

Pivot Point's **Transition Planning Parent Orientation** was created as the safe starting point for parents who want to look ahead, but don't know where to begin.

In this "orientation" parents are introduced to the concepts of Transition Planning, while gently being supported around the realities of their own experience... because transitioning a teen into adulthood can be a complex and emotionally difficult journey for any family!

As the pieces of the process slowly start coming together in one's mind, and complexity begins to fade and make space for clarity, most parents relax substantially. They start to realize that they really DO see a way through, and that they DO have the courage to face that journey with their family... for their family.

### Parents ideal for orientation are...

- Parents of a teen age 13 or 14, where the family wants to gain a strong start towards understanding the process that lies ahead.
- Parents of a teen age 15 or older, where the family is feeling overwhelmed with the thoughts of transition planning, or where the parents feel they have no idea where to begin.
- Parents who are seeking a well designed system which will help them develop a clear yet thorough plan to carry their family forward.

*It's never too early to start dreaming of a great future!*

### Pivot Point's approach

1. **Attend Parent Orientation:** The 3 hour training class for parents that starts it all!
2. **Complete a PATH:** The visioning and planning tool helps identify what the future may look like!
3. **Draft a Person-Centered Plan:** This detailed transition plan is unique to each child and family!
4. **Assign a Transition Coordinator:** This person is the family's personal guide for the journey.
5. **Enroll key people:** Building a winning team will take time; roles will change.
6. **Work the Plan:** Take steps as a family through the important years towards adulthood.
7. **Celebrate successes:** Cherish family experiences while moving forward positively!

### A typical Parent Orientation

On a pre-scheduled weekday evening, like-minded parents and caregivers with sons and daughters aged 14 and up come together to learn. The orientation is **all about parents:** Their learning, their discovery, and their sharing. As such, each 3 hour session is held in a safe and comfortable location where discussions will not be disturbed. It is facilitated by an expert in Transition Planning who is also a PARENT of a child with Diverse Abilities... meaning that this is a "Parents Only" group that is NOT designed for professionals.



## Parents helping parents

In addition to the “Parent-in-Residence” facilitator who brings personal experience to the meeting, we also encourage sharing between parents. In each group, parents are invited to share their thoughts, explore with others the difficult questions they may be facing, and express their fears as we discover together what their transition journey could look like.

In this accepting and supportive environment, families learn to re-ignite their dreams for their children’s and family’s future. The group experience has helped many parents find courage, strength and focus.

## Our goals for each orientation...

- ✓ Answer the questions: What is Person Centred Planning, and what is a PATH?
- ✓ Identify the key steps to Transition Planning and start seeing how they may apply to your family.
- ✓ Identify the roles and responsibilities of team members.
- ✓ Learn how to use the Teen Transition Planning Guide (included with training).
- ✓ Acknowledge some of the emotional barriers and struggles parents face.
- ✓ Inspire more planning and actions that help the family begin moving forward.
- ✓ Provide an opportunity for parents to link with other parents who are beginning this journey.

## How to get started

1) Visit our website at [www.pivotpoint.ca/calendar](http://www.pivotpoint.ca/calendar) and look up your community. The **Teen Transition Parent Orientation** is provided in several BC communities on a rotating schedule throughout the year.

Online registration is only a few clicks away!

Don’t find your community listed? Please contact us, we’re happy to help.

2) If you are not yet a client and would like to learn more about other services at Pivot Point, please complete our online form at [www.pivotpoint.ca/request-a-meeting](http://www.pivotpoint.ca/request-a-meeting). This is a confidential way to share your contact information, so that one of our Regional Managers can connect with you to explore the suitability of our services in more detail.

- Once registered, parents can simply attend the 3 hour Parent Orientation evening, with no further commitments.
- However, we strongly recommend that parents consider following the Parent Orientation with a **PATH**, and then pair that with **Transition Coordination services** to really get things moving towards your exciting future!



## Contact Us Today

**Toll Free:** 1.866.531.4544

**Phone:** 604.531.4544

**Email:** [transitions@pivotpoint.ca](mailto:transitions@pivotpoint.ca)

**Office Hours:** 9am-5pm, Monday-Friday

**[www.pivotpoint.ca](http://www.pivotpoint.ca)**

**Head Office Mailing Address**

#24 15515 24th Avenue

Surrey, BC, Canada,

V4A 2J4

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